



## MATCHA PROTEIN LATTE

High-Protein / Low-Carb / Gluten-Free

MariGoldFoods.com

*Can be enjoyed hot or cold - see notes below!*

### INGREDIENTS:

- 1 teaspoon MariGold Matcha powder
- 1/4 cup hot water
- 1/2 cup unsweetened almond milk (warmed if you want a hot latte)
- 1 scoop MariGold Protein Powder (your favorite flavor, **see note below**)

**\*\* NOTE:** If you want an iced latte, you can use either **Whey Protein** or **Collagen Protein**. If you prefer a hot latte, please only add our **Collagen Proteins**, as they mix much more easily in a hot beverage.

### DIRECTIONS

1. Sift your matcha into a large mug.
2. Add the hot water and whisk in an up and down motion for approximately 30 seconds, until frothy.
3. If making an iced/cold latte, add ice at this step to cool down your matcha before adding your protein powder. Otherwise, you can add **Collagen Protein Powder only**.
4. Add the almond milk and protein, and whisk until well combined.
5. Enjoy!



Featuring MariGold  
Matcha Green Tea Powder  
Collagen or Whey Protein Powder  
(MariGoldFoods.com)

